

How We Work Together

This worksheet can help you express your satisfaction with how you and your partner share your household, work, relationship, and family responsibilities. You can comment on any item on the back of this form.

	We Argue about This	My Partner Wants More Help from Me	I Want More Help from My Partner
do laundry			
pick up dirty clothes and put in hamper			
put clean clothes away			
do ironing			
prepare breakfast, lunch, dinner			
shop for groceries			
clean up after meals			
clean kitchen counters, sink, refrigerator			
clean bathroom(s)			
straighten the house / put things away / dust			
take out trash / take trash to curb			
sweep / vacuum / wash floors			
water, feed, care for house plants			
water, feed, care for pets			
shop for household items, clothing			
do home maintenance / repair			
do lawn / garden work, weeding, trimming, raking			
wash windows, deck, house exterior			
prepare for visitors and house guests			
handle contractors and repair personnel			
do home improvement / redecorating			
maintain tools, appliances			
select / shop for tools, appliances, furniture			
maintain computer equipment / software / services			
other			
other			
take cars for maintenance / repairs			
get gas, check tires / oil			
go to post office			
drop off / pick up dry cleaning			
handle problems with services, appliances, utilities, phones			
other			
other			
other			
handle mail and pay bills			
develop and manage household budget			
balance checkbook			
handle savings / investments / retirement accounts			
do taxes / bookkeeping / handle accountant			
do long-range financial planning			

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	We Argue about This	My Partner Wants More Help from Me	I Want More Help from My Partner
reduce debt &/or improve credit rating			
other			
other			
handle bedtimes and wake up			
supervise or do bathing / grooming / dressing			
supervise getting ready for school / program			
take to / from school / program			
supervise or help with homework			
handle after-school / program or day care arrangements			
pick up from school / program when sick			
stay home with when sick			
respond to problems or crises at school / program			
go to parent/teacher or caregiver meetings			
supervise or help with homework			
handle discipline and accountability			
attend sports games / performances / events			
take to / from lessons / games			
schedule / attend doctor appointments			
handle babysitting arrangements			
plan birthday parties or other celebrations			
plan family outings and activities			
attend family outings and activities			
other			
other			
get more education / spend less time on education			
balance work / career with home life			
be more available for couples activities, outings, dates			
do more / less work for job when at home			
spend more / less time on computer for work or recreation			
spend time talking together			
plan outings and activities			
plan / go on vacations or weekends away			
spend more / less time on our sex life			
understand me sexually			
be more / less affectionate			
be more / less interested in me & our relationship			
spend time with friends or extended family relatives			
attend extended family events			
other			